

# Frisco Area Retired School Personnel MOUTHPIECE



March/April  
2021

**FARSP Meetings Have Been Canceled Until Further Notice**

<https://trta.org/districts-and-local-units/frisco/>

Find us on Facebook: FARSP

## From Our President Karol's Comments ...

Oh, the road to recovery. It's some trip, right? This past year has certainly tested our patience and our faith. But, WE ARE MAKING IT! I'm so proud of the many citizens that have gotten vaccinated, showing that they care for the health of our nation and its people. The officers of FARSP have truly had an interesting year thinking of ways to keep members engaged and feeling important. They have done an amazing job embracing every "cockamamie" idea I've thrown out there without thinking twice. They have frozen their toes off; they have joined in silly videos; they have written countless emails to members; they have done whatever it took to keep us afloat. THEY are my heroes during this pandemic. You, as a member, are fortunate to have them as your leaders. So, why not take a minute this next week to thank an officer or committee chair? Just pick one – it's easy. They are ALL worthy of praise. I'll be writing a few notes myself. And with that, I'm out...



During the March 23, drive-by meeting at Warren Park, members Sandy Carlisle, Deb Thompson, Karol Kuykendall, Susie Chassion, and Vickie Ryan rounded up red letters and served up Cola Floats to all who came by. See more about the Red Letter Campaign inside.

## New Membership Year Brings Chance To Join or Renew

Hello FARSP members, and Happy Spring! I'm excited to announce, it is a new membership year! I know it's hard to believe, but, March 1st, announced the beginning of a new TRTA year, 2021-2022! (Wow, time "marches" on!)

You have three ways to join FARSP and make your payment:

(1) Join using Option 1 which is the Diamond Plus Option. You must receive a TRS annuity to enroll. The TRS System of Texas will withhold \$2.92 for TRTA membership dues from your monthly TRS annuity check. To take advantage of this option, mail the membership form, the TRS 593 form

and \$13.00 for local dues to Barbara Ledermann.

(2) To join using Option 2, send \$48 and your membership form directly to Barbara. This pays state and local dues.

(3) Option 3 requires \$13.00 for local dues, a membership form, and a voided blank check to have your state dues taken from your checking account each month. Mail these directly to Barbara.

Once again, our TRTA State Membership committee is sponsoring a contest for local units to win monetary prizes, up to \$300, for increasing our local unit member numbers. Any and all units can participate in "M & M,

Membership and More!"

That is free money, just for adding more members! Last fall, FARSP won \$50, along with several other local units in our district. This year the monetary prizes have increased; so, let's begin recruiting! One idea I mentioned before, and it's still a good one, is to give someone a membership to TRTA! If they are not retired, or not a teacher, that person can be an "associate member!" Let's all get on the "M & M, Membership and More," bandwagon and increase our membership numbers.

**Pat Smith**  
Membership Chair

## You May Win!



*All members (new and renewing) who send their forms and dues to Barbara Ledermann by the last day in April will have their names placed in a drawing for this handmade crochet throw.*

# It's time to think COLA

*This information is from an article by Leroy DeHaven, TRTA President*

Members of the Texas Retired Teachers Association (TRTA) are elated to hear that our years hard work and sacrifice have finally paid off! The Teacher Retirement System of Texas (TRS) pension trust fund is fiscally stable. This has been our hard-fought mission. With a stable pension fund, the door is open for Texas to provide retirees with a cost-of-living

adjustment (COLA).

As your TRTA State President, I believe there are two questions we must ask in this moment: Will the Legislature seize the day and pass legislation that provides a COLA; and how much of an increase can and will the Legislature authorize?

As retired education employees, we are grateful for the commitment the Legislature has shown to TRS. The major reason we have all partnered together and worked

hard is to deliver on a promise: that TRS retirees are not forgotten and financial help—a COLA—will occur when the system is stable.

As retired education employees, we are grateful for the commitment the Legislature has shown to TRS. The major reason we have all partnered together and worked hard is to deliver on a promise: that TRS retirees are not forgotten and financial help—a COLA—will occur when the system is stable.

We believe that time has come! The TRS pension trust fund is actuarially sound. It has a funding period of less than 31 years. In fact, TRS officials have told us that the funding period is now 26 years based on the February 28 pension fund valuation!

That's great news! Elected

leaders have told us that once the pension fund could afford to provide a raise, it would be a major priority.

TRS retirees have not received a permanent annuity increase since 2013, and the COLA applied only to retirees who retired on or before August 31, 2004. If you've retired after that time, you've never received a permanent increase in your pension!

**That's 17 years with no raise.**

According to Texas statute, the Legislature may authorize a pension increase for TRS retirees if the trust fund has a funding period of less than 31 years and if that increase does not push the funding period beyond the 31-year mark. In other words, we can finance the increase. We cannot, however, pay for something if it is beyond our ability to finance it.

## ZOOM TO THE CAPITOL SCHEDULE OF EVENTS

**MONDAY, APRIL 5, 2021**

**TUESDAY, APRIL 6, 2021**

**WEDNESDAY, APRIL 7, 2021**

**THURSDAY, APRIL 8, 2021**

**TRTA RED LETTER CAMPAIGN – LETTER DELIVERY ALL WEEK LONG  
(GET YOUR LETTERS IN THE MAIL THE WEEK OF MARCH 29 SO THAT THEY ARRIVE ON TIME!)**

|  |  |   |  |
|--|--|---|--|
| <p>All day available for virtual legislative office visits</p> | <p>9:00 a.m. - 9:30 a.m.<br/>Zoom to the Capitol Kickoff Event (held live via Zoom)</p> <p>Day available for virtual legislative office visits</p> <p>5:00 p.m.<br/>Program with Special Legislative Guest (event will be held live via Zoom and aired simultaneously on TRTA's Facebook page)</p> | <p>Morning available for virtual legislative office visits</p> <p>10:30 a.m.<br/>Virtual House &amp; Senate Gallery Visit (TBD) (TRTA will air live readings of the Texas House and Senate resolutions honoring Texas retired educators)</p> <p>12:00 p.m. – 1:00 p.m.<br/>Wrap-Up Rally and TRTF Bring Your Own Lunch/Donate Your Date Fundraiser Event</p> <p>All afternoon available for virtual legislative office visits</p> | <p>All day available for virtual legislative office visits</p> |
|--|--|---|--|

Meeting with your legislators is of utmost importance during TRTA's Zoom to the Capitol event. Districts and local units should prioritize setting meetings with their Senators and Representatives throughout the week of April 5. While TRTA will have a robust schedule filled with interesting sessions, they will be recorded and accessible online after airing live.

We ask that our members **continue the tradition of wearing red** during TRTA Zoom to the Capitol and to please wear the sticker enclosed in your packet when you meet virtually with your legislators. You can also use the cover of *The VOICE* as a flyer to send a friendly TRTA wave to your legislators. Don't forget to RSVP at [www.trta.org/dac2021](http://www.trta.org/dac2021).

Here's how it works...

# Join the Red Letter Campaign

1. Write letters to your State Representative and State Senator thanking them for their support of TRS, and asking for their support to ensure the funding included in base budget bill is passed. Remind them it has been 17 years since retired Texas school personnel received a cost of living adjustment, and you need them to help during this legislative session to be sure we can receive a COLA. Tell them your story! Tell them how this is important to you and what difference a COLA will make in your life.

2. Put your letter in a RED envelope and mail them to your Senator and Representative the Week of March 29, 2021. Letters to Senators should go to P.O. Box 12068 Austin, TX 78711. Letters to Representatives should go to P.O. Box 2910, Austin, TX 78768

You should have received red envelopes and paper to use for your letters in your copy of The Voice in March. If you did not receive yours, just be sure to put your letters in a red envelope and mail it the week of March 29, 2021!



Vickie Ryan and Brenda George



Deb Thompson and Patricia Friesen

## Floats, Friends, and Fun

FARSP Board members gathered at Warren Park on Tuesday, March 23, to host a drive-by event highlighting the Red Letter Campaign, Membership Drive, and

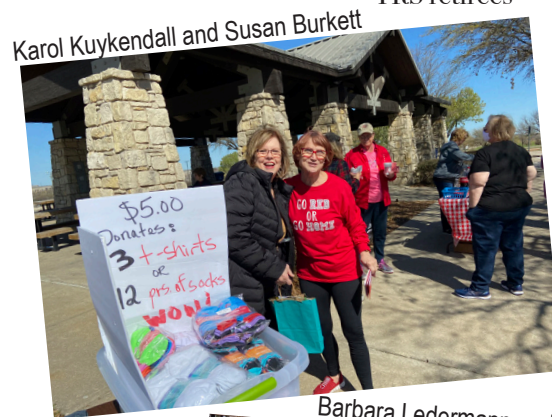
Donations for the FISD clothes closet for students.

Vickie Ryan served up COLA floats to emphasize our commitment to obtaining a cost of living adjustment for TRS retirees



Randy Heisig came by with his and Robin's red envelopes ready to be mailed to their state legislators.

Doris Owusu arrived at the drive-by event with her red envelope and a donation for the clothes closet.



Karol Kuykendall and Susan Burkett



Barbara Ledermann and Susan Burkett

# ZOOM!

There is a scheduled ZOOM session with State Representative Justin Holland on Tuesday, April 6 at 2:30 p.m. Watch for an

email from Sandy Carlisle with the link for that session and for one to be scheduled with Representative Jared Patterson.

# 2021-2022 Officers Elected

President – Karol Kuykendall  
1st Vice-President – Pat Smith  
2nd Vice-Presidents – Debbie Owen and Vickie Ryan  
3rd Vice-President – Rhonda Jackson  
Secretary – Susie Chaisson  
Treasurer – Barbara Ledermann  
Historian – Carole Babineaux



## CHILDREN'S BOOK PROJECT

Y'all! I'm so excited to report our 2020-2021 Children's Book Project totals. As you know, each year we choose a

school or schools who serve the area's low socio-economic students and gift that school with books the children will get to take home. This helps put books into the hands of kids who might not otherwise get the pleasure of owning their own books.

With this past year's trials and tribulations, we had to get creative in getting book and money donations.

Let me tell you, friends, you did not disappoint! You donated books individually. You brought books (and cash) to our Christmas Drive-By Meeting. You all came through for our students.

The school we chose this year was Spears Elementary School in Frisco. On Friday, March 5th, we delivered over 600 books to Spears!

I'm extremely proud of our FARSP members for doing whatever it takes to get books into the hands of students.

## RETIREMENT SEMINAR AIDED

### 214 FUTURE RETIREES

TRTA and TRS held Retirement Education Seminars virtually this year. Our Region X seminar for our local chapter of FARSP in conjunction with Allen and McKinney, was held on March 6, 2021. We had 214 registrants for the seminar. We will use the registrant list to reach out to future retirees to join our chapter. If you know any future retirees, please share about FARSP! We would love to have our FARSP chapter grow.

**Deb Thompson**  
Retirement Education Chair

## TIPS FOR KEEPING ACTIVE DURING COVID

Tips for getting the activity you need during COVID-19

As with exercising at any time, it is important to be safe, wear good footwear, start slowly, and give your muscles and tendons time to adapt to any new activity. Always seek your physician's advice if you have any underlying health conditions, take medication for a heart problem or to control blood pressure or blood sugar, or experience dizziness, balance problems, or joint issues. And if you feel pain during an activity, STOP.

Get outside as much as possible. Try to exercise outside as much as possible. Take a walk, jog, or ride a bike outside, just remember to wear a mask and/or maintain a safe distance from others. The fresh air and sunshine will provide a further boost to your mental health.

Keep your workouts interesting. Watch your favorite streaming show or listen to a podcast or some great music while working out. While walking, explore a new area in your neighborhood or catch up with a friend on the phone to keep things from getting stale. Or try activity video games or "exergames" that simulate dancing, skateboarding, soccer, bowling, or tennis.

Walk in a new way. Immerse yourself in the full experience of walking outdoors by adding a mindfulness element. Notice the smell of the air, the variety of flowers and trees and the feel of the sun or the wind

as you move. Bringing your attention to these things can give your conscious mind a break from your worries and unleash your creativity. If you find you need to up the intensity of your walks, look for hills, do some step ups on the curb at each corner, skip, or even jump up and down the curb a few times (if appropriate for your fitness level and joints).

Try something new. Always wanted to try barre exercise, line dancing, cardio funk, or HIIT (high-intensity interval training)? Find a free video online, subscribe to one of the many online classes available, or download an app to guide you from the safety of your own home. Many people find they are more comfortable trying something new when no one else is watching. Try boxing, Pilates, or yoga. There are many new, and often free, classes being posted daily to support people in their fitness pursuits during the pandemic.

Miss the gym? Create a home workout area. If you have space available, designate an area of your home to exercise and keep your equipment handy. Try using resistance bands, water bottles, or your own body weight to perform resistance exercises. You could start by doing push-ups against the wall then progress to doing them against the kitchen counter, the coffee table, and finally the floor. Have stairs in your house? Stair climbing is an efficient strength training activity.

Keep one foot on a step and step up and down several times (or try stepping up two steps for an even tougher workout).

How much exercise is enough?

During this time of uncertainty, it's important to remember that when it comes to exercise, something is always better than nothing. Going for a walk around the block will not only stretch your legs but help clear your head as well.

The current recommendation for adults is to aim for at least 150 minutes of moderate intensity activity every week (or 75 minutes of vigorous intensity) with two sessions of strength building activities per week. That's about 30 minutes of movement, five times per week. It's also okay to break it up. Two 15-minute workouts or three 10-minute workouts can benefit you just as much. Include warm up and cool down time as part of your workout—as well as heavier activities around the house or garden.

**On another note:** Walk Across Texas has come to an end! We had 3 teams participating this year! At this time, we walked a total of 1,515.45 miles!! Everyone has not turned in all their points yet, so the number could get higher!! A HUGE thank you to all that participated!

**Vickie Ryan**  
Healthy Living Chair

# 2021 - 2022

## TRTA/FARSP MEMBERSHIP ENROLLMENT FORM

Check if any of your information has changed

Name \_\_\_\_\_

Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_  
Mo. day

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**\*If you would like a Directory mailed to you, please include \$3.00 with your membership dues.**

• I receive an annuity from a teacher retirement system (Circle one) YES NO

• I am renewing my TRTA membership \_\_\_\_\_ I am a new member \_\_\_\_\_

**TRTA membership year: July 1, 2020– June 30, 2021. Membership dues are not tax deductible.**

What is the TRTA Diamond Plus Program? To learn more about the program visit [www.trtadiamondplus.org](http://www.trtadiamondplus.org) The program provides TRTA members with:

- A permanent membership card
- Personalized attention
- Frequent email updates about TRTA legislative issues
- Eligibility for quarterly prize drawings
- Additional discounts for products and services
- Hassle-free membership renewals (no more paper renewals!)
- Free subscription to the [Before the Bell](#) online Texas education blog (email required)

**TRTA offers three easy ways to join! Please check one.**

- Option 1 - Monthly payroll deduction \$2.92 (Diamond Plus Program)  
 You must receive a TRS annuity to enroll. The TRS System of Texas will withhold \$2.92 for TRTA membership dues from your monthly TRS annuity check. 1.) Complete the TRS Form 593 along with the enrollment form above. TRS 593 is available for download at [www.trta.org/TRS593](http://www.trta.org/TRS593) 2.) Give your local Treasurer your completed forms plus a check for \$13.00 to cover local unit dues.
- Option 2 - Monthly bank draft \$2.92 (Diamond Plus Program)  
 1.) Attach a voided check and the enrollment form above. 2.) Give your local Treasurer your completed form, voided check and a check for \$13.00 to cover local unit dues.
- Option 3 - Annual TRTA dues \$35.00 + \$13.00 Local dues (Total of \$48.00)  
 1.) Complete the enrollment form above. 2.) Give your local Treasurer your form plus a check for \$48.00 to cover both TRTA and local unit dues.

There are two membership designations: "regular" and "associate." If you are a retired public school district or higher educational institution employee, and you receive an annuity, you are a regular member. If you are an active teacher or a person who is interested in retiree or educational issues, such as a friend or a spouse of a member, or if you are a retired school employee who does not receive an annuity, you are an associate member.

**Mail completed forms and checks made out to FARSP to:**

**FARSP Treasurer  
 P.O. Box 312  
 Frisco, TX 75034**

check # \_\_\_\_\_

date \_\_\_\_\_



**ASSOCIATION DUES**  
**PAYROLL DEDUCTION AUTHORIZATION**

**MAIL (do not fax) this form to:**  
**TEACHER RETIREMENT SYSTEM OF TEXAS**  
**1000 Red River Street**  
**Austin, Texas 78701-2698**

By signing below, I authorize the Teacher Retirement System of Texas (TRS) to withhold each month 1/12 (one-twelfth) of my annual Texas Retired Teachers Association (TRTA) membership dues from my TRS monthly annuity payment. I understand that the amount of TRTA membership dues is set by TRTA (not TRS) and that to receive membership dues information, I must contact TRTA at (512) 476-1622 or 1-800-880-1650. I understand and agree that the monthly deduction from my TRS annuity will **automatically** increase upon the effective date of all future increases in TRTA membership dues unless this authorization is cancelled in a manner indicated below.

Also, I understand and agree to the following:

- As provided in Texas Government Code §825.507(b)(6), I authorize TRS to disclose to TRTA the following information: date TRS received this form; name, TRTA number, and Social Security number reflected on this form; and dates and amounts of dues deductions made from my annuity and if provided below my phone number.
- This deduction will be effective no earlier than the first annuity payment after this authorization is received by TRS. However, once begun, this deduction will remain effective until the earliest of the following: 1) the date my annuity terminates for any reason; 2) the date the Association Dues Deduction Agreement between TRS and TRTA is terminated for any reason; or 3) the date of the first annuity payable after the date TRS receives a signed form TRS 594, *Association Dues Payroll Deduction Cancellation*, unless this cancellation form is received by TRS after the monthly payroll cutoff date established by TRS. In that event, the deduction will continue until the first annuity payable for the month after the month in which TRS receives the cancellation form.
- All other appropriate deductions will be made from my annuity before TRTA dues are deducted. If the amount of my annuity payable is not sufficient for such dues deduction, no deduction will occur.
- TRS assumes no liability or responsibility for any disputes, damages or other consequences relating to dues deduction or this authorization.
- **TRS is not affiliated or associated in any way with TRTA, nor is TRTA authorized to act on behalf of TRS.**

To ensure processing of this request, all of the information in the blanks below must be complete and accurate. Please print your name as it appears on the mail you receive from TRS.

Printed Name \_\_\_\_\_

TRTA Member ID Number \_\_\_\_\_

If you are not currently a TRTA member, please leave blank. A TRTA Member ID number will be assigned to you after your membership application is processed. If you are already a TRTA member and are now requesting payroll deduction for payment of TRTA dues, please provide your current TRTA member ID number.

Social Security Number \_\_\_\_\_ Telephone No. \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_